

IRONMAN[®]

IRELAND CORK

Cork County Council
Official Course Choice

RUN COURSE

4 loops

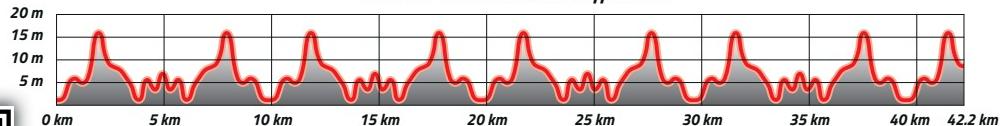
course distance - 42.2 km



2019 OFFICIAL RUNNING SHOES



42.2 km - 230 m altitude difference



Swim course

Bike course

Run course

Kilometer

Aid Station

Water Station

Energy Station

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